



DAVIS COUNTY HEALTH DEPARTMENT

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News Release

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Davis County Offers Caregiver Educational Classes

(Clearfield, Utah) – Davis County Health Department's Family Caregiver Support Program is offering a six-week series of classes for individuals caring for family members who are older or frail. These classes are free to the public. Individuals may attend at anytime during the series.

Presenters will discuss various topics such as validation therapy, summer fun and safety, self managing chronic disease, and caregiver self-care.

The one hour classes will be offered on Tuesdays starting June 18 at Legacy Village Retirement Living dining room (1201 N. Fairfield Road, Layton) at noon or Thursdays starting June 20 at the Golden Years Senior Activity Center (726 S. 100 E., Bountiful) at 11:30 a.m. The class series ends Tuesday, July 30, or Thursday, Aug. 1. A light lunch will be provided at all of the classes but an RSVP by each Monday at noon is required to receive a meal. No reservation is required to attend the class only.

For more information or to RSVP, contact Megan Forbush at (801) 525-5088.

Davis County Health Department's Senior Services thanks the following agencies for helping to sponsor these classes: Legacy Village, Golden Years Senior Activity Center, South Davis Home Health and Hospice, Hospice for Utah, Legacy HealthCare, Pitt Family Dental, Maxim Healthcare, and Seniorcare Advisors.

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Caregiver classes scheduled at the Legacy Village, Layton:

Date	Topic	Presenter
Tuesday, June 18, Noon	Validation Therapy	Keith Gordon – Legacy HealthCare
Tuesday, June 25, Noon	In the Good Old Summertime: Summer Fun and Safety	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Tuesday, July 2	<i>No Class</i>	
Tuesday, July 9, Noon	Dry Mouth	Diana Lubbs – Pitt Family Dental
Tuesday, July 16, Noon	Self Managing Your Chronic Disease	Jacinda Hunter, RN, and Ryan Hancock, RN – Maxim Healthcare
Tuesday, July 23, Noon	Caregiver Self-Care	Lillie Murray – Hospice for Utah
Tuesday, July 30, Noon	Creating a Care Plan Involving the Whole Family	Scott Meyer – Seniorcare Advisors

Caregiver classes scheduled at the Golden Years Senior Activity Center, Bountiful:

Date	Topic	Presenter
Thursday, June 20, 11:30 a.m.	Validation Therapy	Keith Gordon – Legacy HealthCare
Thursday, June 27, 11:30 a.m.	In the Good Old Summertime: Summer Fun and Safety	CJ Benson and Denise Cook – South Davis Home Health and Hospice
Thursday, July 4	<i>No Class</i>	
Thursday, July 11, 11:30 a.m.	Dry Mouth	Diana Lubbs – Pitt Family Dental
Thursday, July 18, 11:30 a.m.	Self Managing Your Chronic Disease	Jacinda Hunter, RN, and Ryan Hancock, RN – Maxim Healthcare
Thursday, July 25, 11:30 a.m.	Caregiver Self-Care	Lillie Murray – Hospice for Utah
Thursday, Aug. 1, 11:30 a.m.	Creating a Care Plan Involving the Whole Family	Scott Meyer – Seniorcare Advisors

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